

GOOD NEWS STORIES

*From our North Zone (NZ)
Health Neighbourhoods*

Sharing the Good News

Fall 2022 Edition 4

"Winter is an etching, Spring a watercolor, Summer an oil painting, and Autumn a mosaic of them all." -Stanley Horowitz

The North Zone currently has 2 active Health Neighbourhoods: **Peace Country Health Neighbourhood**, **Wood Buffalo Health Neighbourhood**, and our **"New" Health Neighbourhood** which has yet to launch formally (or to be named!) for the Athabasca/Boyle/Barrhead/Westlock areas!

A special thank you to our North Zone Primary Care Networks (PCNs) for hosting our Wood Buffalo Health Neighbourhood and providing in-kind resources to help with our project work and our new "Finding Your Way" transitions in care resource webpage. Thank you!

This Newsletter is not about "the numbers" side of our project; instead, this tid bit is about showcasing the local project work, warm words, and our small yet mighty success stories coming from our NZ Health Neighbourhood groups. Why not join one today?

"We know there is lots of desire for youth mental health in our regions. The Health Neighbourhood group can help address this."

"For our New Health Neighbourhood, I want to bring a voice for the people that I support. I find a lot of gaps. I want to help make things better."



North Zone Health
Neighbourhood

Good News in the Neighbourhoods

Wood Buffalo Health Neighbourhood

- We had our **first in-person meeting** on October 19, 2022 in Fort McMurray!
- The Addiction & Mental Health (AMH) Mini Working Group hosted event 3 of their "**Connect-Relate-Collaborate!**" series on October 12th. Attendees were clear - "we want more *Connect-Relate-Collaborate* events to support workers and boost self-care in this area!"
- The Transitions in Care (TiC) Mini Working Group launched the "**It's Okay To Ask**" poster - one in English and one in Spanish! This group will be **working on partnerships** to help improve transitions and patient empowerment.

Peace Country Health Neighbourhood

- The Mini Working Groups (MWG) merged! **Change is good!**
- The MWG has successfully launched **many local projects** at the same time:
- "**It's Okay to Ask**" poster with QR code link to our new "**Finding Your Way**" webpage: <https://prpcn.ca/findingyourway/> Look for this in Peace River's Medical Clinic as we run our pilot.
- **Drive Happiness** is rapidly expanding in our regions! Check them out: <https://drivehappiness.ca/>
- **Gender Inclusion & Youth Engagement Training** is open for registration until November 25th! See if there is a spot left by emailing Robyn - rlaczy@gmail.com

"New" Health Neighbourhood

- The **first informal gathering** was held on October 28, 2022, to get this New Health Neighbourhood started for Athabasca/ Boyle /Westlock areas!
- **We already have 15 local people confirm they are committed** to the New Health Neighbourhood! Thank you!
- **Next steps** for this group is having a **Kick-Off Meeting in the New Year**, picking a name, recruiting more community-based members, and working on our first group work together as a new team - co-creating our Terms of Reference (ToR) guiding document.
- **In Athabasca or Boyle?** Why not reach out and join us?



North Zone Health
Neighbourhood

Get Connected with Us!

"And all the lives we ever lived and all the lives to be are full of trees and changing leaves..." - Virginia Woolf

Learn more about the Health Neighbourhood Model and Zone Service Plan: <https://youtu.be/YewEWiEek0w>

What does the Health Neighbourhood mean to us?

Must see new short video!:

<https://www.youtube.com/watch?v=i3VbZd7BtHU&t=14s>

Learn more or **consider joining** us:
rlaczy@gmail.com or call (780) 802-6380

"Finally meeting in-person was like meeting familiar friends."

"I felt extremely encouraged by [the New Health Neighbourhood] meeting and excited to move forward."



North Zone Health
Neighbourhood